

# Kentucky Prenatal Nutrition Guide

## Third Trimester

28—40 weeks



### NUTRITION

#### Eating for a Healthy Baby

Eating good food is very important during the third trimester. Focus on foods from the Food Guide Pyramid. The baby will be growing the most now and a variety of healthy food is important.



#### Weight Gain in Pregnancy

You will continue to gain about  $\frac{1}{2}$  to  $1\frac{1}{2}$  pounds per week. Remember the baby is growing from about 2 pounds to an average of 7 pounds during this time.

#### Low Iron

Your baby is growing faster now and may use your iron. Make sure you take your prenatal vitamin and eat iron rich foods, such as WIC cereals, lean meats and dried beans. Vitamin C helps your body use iron. Vitamin C foods include WIC juices, oranges, grapefruits, kiwi and strawberries.

### YOUR BABY'S HEALTH

#### Tobacco, Alcohol and Drugs



It is never too late to start healthy habits. Alcohol, tobacco products and drugs can still hurt your baby.

#### Caffeine

Caffeine may harm your baby. It is best to limit your caffeine beverages (coffee, tea, soft drinks) to about twelve (12) ounces each day.



#### Artificial Sweeteners

Aspartame (NutraSweet™), saccharin (Sweet 'N Low™), or sucralose (Splenda™) or acesulfame potassium (Acesulfame K™) are found in many sugar-free products. Pregnant women are advised to limit their intake of these products.

### COMMON DISCOMFORTS OF PREGNANCY

**SWELLING:** Some swelling is normal and to be expected. High blood pressure and other medical conditions may increase swelling. Contact your doctor if you are having problems. Drink 8 to 10 glasses of water daily.

**CONSTIPATION:** Increase foods that are high in fiber such as raw fruits and vegetables, whole grain breads and cereals, dried beans and peas. Increase liquids such as water. Walking everyday may help prevent constipation.

**HEARTBURN:** Eat small meals often. Limit spicy, greasy or fried foods. Avoid tight clothing. Wait at least 2 hours after a meal before lying down.

## PHYSICAL ACTIVITY

Walking will be the easiest exercise during this trimester.

## BREASTFEEDING - PLANNING AHEAD DURING PREGNANCY

- ◆ Learn about breastfeeding and parenting during pregnancy:
  - Attend a class or mother-to-mother group meeting.
  - Talk with a lactation consultant or WIC nutritionist.
  - Read books or pamphlets.
  - Talk with friends or family who have breastfed.
- ◆ Make sure that both your doctor and your baby's doctor will support your plan to breastfeed.
- ◆ Organize friends and family now to help with meals and housework after you're home with baby.
- ◆ Talk about breast pumps with a WIC nutritionist or lactation consultant.
  - Learn which ones are easiest and most comfortable.
  - Wait until after baby is born before getting a pump – you might not even need it.
- ◆ Talk with your employer about maternity leave and how to support your breastfeeding once you've returned to work.



### Hot Tips

- \* Breasts get larger and may leak during pregnancy. This is normal.
- \* Breastfeed your baby as soon as possible after delivery – within the first hour if you can.
- \* Put baby to breast at least every 2-3 hours during the day. Babies have small stomachs and need to eat often in the early weeks.
- \* Most newborn babies eat for 15 – 45 minutes, about 8-12 times in 24 hours. Most adults snack about this often, too!
- \* During breastfeeding there should be a tug on the breast, but not sharp pain. Ask for help right away if breastfeeding hurts.
- \* Some medications used during childbirth can make you and baby sleepy. Waking baby to feed every 2-3 hours during the day helps baby grow and stay healthy.
- \* Stay away from pacifiers or bottles for the first 2-4 weeks to help breastfeeding skills.
- \* If you have any questions, ask for help from your WIC nutritionist or lactation consultant.

## PRETERM LABOR

Sometimes pregnant women will have early labor. Good weight gain, no tobacco products, lots of rest and plenty of fluids may decrease your risk of preterm labor.

### Signs of preterm (early) labor:

- cramps, with or without diarrhea, nausea or indigestion
- lower back pain or a change in the lower back pain
- feeling of pressure or aching in the pelvis, thighs or groin
- change in vaginal discharge
- trickle or rush of fluid from the vagina

**Call your healthcare provider  
immediately if you have any signs of  
preterm labor.**

ASK YOUR HEALTHCARE PROVIDER IF YOU HAVE OTHER HEALTH QUESTIONS.



AN EQUAL OPPORTUNITY EMPLOYER  
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L 6.8 Rev. 08/04 PAM-DHS-160



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